

— BEGINNER —

WORKOUT

Full-Body Program



Contents

3	Full-Body Routine Outline
4	Full-Body Routine Template
5	Additins to the Full Body Routine
6	Clarifications
7	Progression
7	Additional Comments
8	Disclaimer

Full-Body Routine Outline

Such workout program is ideal for people looking to start working out, as well as those who have less than 6 months of consistent weightlifting experience and lifters who did resistance type of training in the past and stopped training for a notable period of time.

This training routine consists of 3 training days per week. You will alternate between two workouts (Full Body A & Full Body B), each time you train. For instance, on the 1st Week, you will do A, B, A, and on the 2nd Week, you will do B, A, B.

An example of your weekly schedule will look like this:

Week 1		Week 2	
Monday	Full Body A	Monday	Full Body B
Tuesday	Rest	Tuesday	Rest
Wednesday	Full Body B	Wednesday	Full Body A
Thursday	Rest	Thursday	Rest
Friday	Full Body A	Friday	Full Body B
Saturday	Rest	Saturday	Rest
Sunday	Rest	Sunday	Rest

You don't have to strictly follow an example above, you can choose when you would like to work out. The most important things are that you train 3 days per week and have at least one rest day in between each training session. However, if you find that you cannot properly recover before going into the next workout (feeling too sore)¹, I advise training twice per week. Doing both training routines (Full Body A & Full Body B) only once per week and have at least 2-3 rest days in between.

¹ Slight soreness the next day after training is normal, especially in the first week or two after starting a new workout routine, because it is something you have probably never done before and your body just is not used to that. However, if every muscle in your body hurts and you feel even worse after thinking about going to the gym, then you should probably reduce your training workload.

Full-Body Routine Template

As I said before, this Full Body training program is suitable for complete beginners, people who have been training consistently for less than 6 months and experienced lifters who have stopped training for a significant period of time.

Full Body A

Muscle Group	Exercise	Sets	Reps	Weight	Rest
Quads	Barbell Back Squat	3	6-8		2-4 Min.
Hams/Glutes	Romanian Deadlift	3	6-8		2-4 Min.
Chest	Barbell Bench Press	3	6-8		2-4 Min.
Back	Barbell Row	3	8-10		2-3 Min.
Shoulders	Dumbbell Lateral Raise	3	10-15		1-2 Min.
Rare Delts	Face Pull	3	10-15		1-2 Min.

Full Body B

Muscle Group	Exercise	Sets	Reps	Weight	Rest
Hams/Glutes	Deadlift	3	6-8		2-4 Min.
Quads	Machine Leg Press	3	6-8		2-4 Min.
Chest	Dumbbell Incline Bench Press	3	6-8		2-4 Min.
Back	Lat-Pulldown	3	8-10		2-3 Min.
Shoulders	Seated Dumbbell Shoulder Press	3	8-10		2-3 Min.
Calves	Standing Calf Raise	3	10-15		1-2 Min.

Additions to the Full-Body Routine

If you are progressing well doing this type of routine 3 times per week, but you like going to the gym a lot and would prefer to do it more often. I would say that you could consider doing this routine 4 times per week. And/or doing some extra ab or biceps & triceps work towards the end of the workout. However, I would advise doing no more than 1-3 additional exercises for 3 sets of each, in addition to the initial Full Body A & Full Body B routine.

Remember! You could consider going to the gym more or doing extra exercises only if:

- you are progressing well on your main compound movements,
- eating enough food,
- sleeping well,
- and not feeling sore after each training session and going into the next one.

Clarifications

Muscle Group - refers to the primary muscles that will be activated when doing the exercise, it is good to concentrate and think about that specific muscle group when performing a movement.

Exercise - recommended staple movement that has to be performed, however, if for some reason it is causing you pain or some sort of discomfort, feel free to change it with an exercise that has similar movement pattern. List of exercises with similar movement patterns can be found [here](#).

Sets & Reps - rep range refers to the number of repetitions of motion of an exercise you would do. A set is a group of continuous repetitions you would do.

Weight - the total load you will be lifting when performing the specific movement. You should increase the weight when you can perform one or two repetitions over the desired number (rep range) in two consecutive training sessions.

Rest - recommended rest time between sets in the program is given, you can rest for longer, but it should not be more than 4-5 Minutes! The key is that you should be rested, your heart rate should be back to normal so that you would be able to repeat an exercise and doing the same amount of repetitions as before.

Progression

You should aim to increase the weight you use when performing an exercise by 2,5 Kg to 5 Kg (5 LB to 10 LB) for upper body movements and 5 Kg to 10 Kg (10 LB to 20 LB) for lower body movements.

Increase the load whenever you do one or two repetitions over the prescribed rep range number on two consecutive workout sessions!

Addition comments

I hope that the information provided in this PDF file was helpful to you.

If you have any questions please contact me:
gf@gfitnessonline.com

Lastly, don't forget to follow me on my other social media platforms, so that you don't miss out on anything!



WEBSITE: GFITNESSONLINE.COM



INSTAGRAM: [@GFITNESS_ONLINE](https://www.instagram.com/@GFITNESS_ONLINE)



FACEBOOK: [@GFITNESSONLINE](https://www.facebook.com/@GFITNESSONLINE)

Disclaimer

This PDF file is written and edited by me, therefore if you have any question about it, please contact me: gf@gfitnessonline.com

People who depend on any piece of information provided in this PDF file do so at their own risk. I am not a medical doctor, nor a licensed dietitian, nor fitness or weight lifting expert.

All the content presented herein is for educational purposes, sharing my knowledge, opinions, personal experience with fitness and for entertainment purposes. I am trying my best to make it as accurate as possible. However, there may be errors or omissions and I am not held liable for them.

Before making any manipulations in training or nutrition, or if you are looking for professional advice on how you should progress to achieve your fitness goals, I encourage you to consult a professional.

